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Patti Stedman, West Fargo School Boards Association



Kirsten Baesler, Bismarck Dept. of Public Instruction

TEAM DAY - Friday, February 24

1:00 PM	Gym Opens
1:15 PM	Coaches' Meeting
1:45-3:45 PM	Timed Warm Ups
2 00 DM	Officials' Mastina

Officials' Meeting and video preview for base score 3:00 PM

Opening Ceremony 3:45 PM 4:00 PM Begin Competition

INDIVIDUAL DAY - Saturday, February 25

10:45 AM	Gym Opens
11:00 AM	Coaches' Meeting
11:30 AM	Timed Warm-ups Begin
12:30 PM	Video review for base score
12:45 PM	Opening Ceremonies
1:00 PM	Begin Competition

	walli
	1:55
Ε	2:04
0	2:07
	2:16
	2:19
ב כ	2:28
n	2.21

8pm 2:31pm 2:40pm 2:43pm

2017 North Dakota S 2:52pm 2:55pm 3:04pm 3:07pm

\mathbf{V}	
Dickinson	Va
in. Equipment Set	3 Min. l
Grand Forks	Bisn
in. Equipment Set	3 Min.
Fargo Davies	D
in. Equipment Set	3 Min. l
Valley City	Ja

Dickinson	Valley City	Minot	Fargo Davies
3 Min. Equipment Set			
Grand Forks	Bismarck High	Jamestown	Legacy
3 Min. Equipment Set			
Fargo Davies	Dickinson	Legacy	Grand Forks
3 Min. Equipment Set			
Valley City	Jamestown	Bismarck High	Minot
3 Min. Equipment Set			
Minot	Legacy	Dickinson	Jamestown
3 Min. Equipment Set			
Bismarck High	Grand Forks	Fargo Davies	Valley City
3 Min. Equipment Set			
Jamestown	Minot	Valley City	Bismarck High
3 Min. Equipment Set			
Legacy	Fargo Davies	Grand Forks	Dickinson

 $\mathbf{U}\mathbf{B}$

BB

FX

Competition

3:16pm 3:19pm

3:28pm

Competition	L .			
Rotations	V	UB	BB	FX
4	Grand Forks	Valley City	Minot	Fargo Davies
1	Dickinson	Bismarck High	Jamestown	Legacy
2	Fargo Davies	Dickinson	Legacy	Grand Forks
2	Valley City	Jamestown	Bismarck High	Minot
2	Bismarck High	Legacy	Dickinson	Jamestown
3	Minot	Grand Forks	Fargo Davies	Valley City
4	Jamestown	Minot	Valley City	Bismarck High
4	Legacy	Fargo Davies	Grand Forks	Dickinson

2016-17 STATE GYMNASTICS OFFICIALS

MEET REFEREE

Tara Hofmann

VAULT

Lora Fisher (Chief Judge) McKenzie Swallow Jessica Siders

BARS

Ruth Walsh (Chief Judge) Cindy Gee Casey Kostelecky

BEAM

Cassity Wingenbach (Chief Judge)
Caitlin Hoff
Kim Ressler

FLOOR

Brooke Erstad (Chief Judge)
Stacey Rigeon
Laurie Strommen

HISTORY OF GYMNASTICS IN NORTH DAKOTA

The first gymnastics championships sponsored by the North Dakota High School Activities Association took place in 1969. Jamestown High School came away with the first championship title.

Competition has changed since the first championships. At the first meet, competition took place in tumbling, trampoline, balance beam, uneven bars, side-horse, floor exercise and all-around. Each event was divided into three levels: novice, intermediate and junior.

The following year, and every year since, the state championships have included only five events. The tumbling and trampoline events were eliminated and the side-horse became the vault. In 2003, the apparatus used in the vault event changed from a vaulting horse to the vault table.

The 1974 state meet saw the last novice, intermediate and junior divisions. Currently, North Dakota has two championships prior to the state meet. The EDC in the east and the WDA meet in the west. Although the qualifying mechanism has changed over the years, the state meet continues to have the top 40 qualifiers on each event in the state and the top 30 all-around qualifiers in the state vying for the event championships. What hasn't changed is the dedication and hard work of the coaches and the competitors.

TEAM CHAMPIONS & RUNNER UPS

RUNNER-UP

Dickinson

Minot

YEAR CHAMPION

Dickinson

Minot

2016

2015

2014	Dickinson	Minot
2013	Dickinson	Minot
2012	Minot	Dickinson
2011	Minot	Dickinson
2010	Minot	Dickinson
2009	Minot	Dickinson
2008	Dickinson	Minot
2007	Dickinson	Minot
2006	Grand Forks	Minot
2005	Grand Forks	Bismarck
2004	Grand Forks	Minot
2003	Bismarck	Grand Forks
2002	Bismarck	Century
2001	Bismarck	Century
2000	Century	Bismarck
1999	Century	Bismarck
1998	Minot	Century
1997	Minot	Century
1996	Century	Minot
1995	Century	Minot
1994	Minot	Fargo South
1993	Minot	Fargo South
1992	Minot	Fargo South
1991	Minot	Fargo South
1990	Fargo South	Minot
1989	Fargo South	Minot
1988	Dickinson	Century
1987	Dickinson	Fargo South
1986	Fargo South	Bismarck
1985	Fargo South	Dickinson
1984	Minot	Dickinson
1983	Fargo South	Dickinson
1982	Fargo South	Valley City
1981	Fargo South	Dickinson
1980	Fargo South	Dickinson
1979	Fargo South	Dickinson
1978	Fargo South	Dickinson
1977	Fargo South	Dickinson
1976	Dickinson	Fargo South
1975	Dickinson	Fargo South
1974	Dickinson, Fargo South	n (tie)
1973	Fargo South	Dickinson
1972	Fargo South	Dickinson
1971	Fargo South	Jamestown
1970	Jamestown	Fargo South
1969	Jamestown	St. Mary's
		Control of the late of the lat

TEAM CHAMPIONSHIPS ALL TIME

TEAM	# OF CHAMPIONSHIPS	LAST YEAR TEAM WON A CHAMPIONSHIP
Fargo South	15	1990
Minot	12	2015
Dickinson	10	2016
Century	4	2000
Grand Fork	s 3	2006
Bismarck	3	2003
Jamestown	2	1970

BEST ALL TIME TEAM SCORES

E	AM SCORES	
(Since	e 1981): at least 148.500	
SCORE	TEAM	YEAR
151.017	Grand Forks	2004
150.532	Minot	2004
150.283	Grand Forks	2005
150.183	Bismarck	2002
150.133	Bismarck	2001
150.083	Bismarck	2003
149.967	Minot	2015
149.917	Dickinson	2013
149.799	Century	1996
149.349	Century	1999
149.332	Minot	1997
149.267	Century	2000
149.150	Minot	2011
149.150	Fargo South	1986
149.083	Grand Forks	2006
148.930	Bismarck	1986
148.920	Dickinson	1986
148.883	Century	2001
148.800	Fargo South	1990
148.600	Bismarck	1999
148.500	Minot	1994

MEET THE COACHES



Linda Grina
Bismarck High, Bismarck Century & Legacy Head Coach

Linda is a Dickinson native and has been involved with gymnastics since 1970. She competed for Dickinson High School and at Minot State. She judged High school gymnastics from 1988 to 1996. Was the assistant High School gymnastics coach in Bismarck from 1997 to 2014. Currently is the Program Director at Bismarck Gymnastics Academy and Head gymnastics coach for Bismarck Public Schools. She has been working and coaching all levels of gymnastics at Bismarck Gymnastics Academy since 1992. Linda is married to Kevin, they have 2 grown daughters.



Kent Van Ells
Dickinson Head Coach

Kent Van Ells was a public school teacher in Dickinson from 1983 until 2014. He has been head gymnastics coach at Dickinson High School since 1983. He has a bachelor's degree in political science and a master's degree in physical education from South Dakota State University. He is married to Valerie and has two children, Mara and Luke.



Kyrstin Emil
Fargo South/North, Fargo Davies Head Coach

My love of gymnastics started at age 3, taking G classes with AGG. Throughout elementary school, I competed for USAA Tramp and Tumble and moved onto the prehigh school program in 2000. I competed for Fargo North from 2003-2009 and earned All American High School honors for 4 consecutive years. My coaching career began in 2010 as the assistant coach for Michael Merritt. From 2011 – 2016, I coached under Michael Merritt, Amber Diemert, and Rachel Brophy for Fargo North/South and Fargo Davies. This is my first year as the head coach for Fargo Public Schools.



Courtney Engel
Grand Forks Head Coach

Courtney is originally from Maple Grove, MN where she competed on her high school team. She then attended the University of North Dakota and achieved a Bachaelor's Degree in Anthropology and Psychology. Courtney has been coaching gymnasts of all ability levels since 2006, and she is currently in her fifth year as head coach for the KnightRider Gymnastics Team. Courtney is the Outreach Coordinator at Red River Valley Gymnastics. Courtney is married with three fur babies Sully, Moose and Luke.

MEET THE COACHES



Amanda Lantz
Mandan Head Coach

Amanda Lantz, a Mandan Braves gymnast from 2003-2007, is the head coach of the Mandan Braves gymnastics team. The team returned to competition for the 2012-2013 season after 5 years of inactivity after petitions from Coach Lantz, MHS students and the local club gymnastics program. Coach Lantz has been coaching gymnastics ability levels ranging from beginner recreational to advanced competitive teams since 2003, with her main focus being competitive teams since 2006. In addition to her Braves team duties, Coach Lantz is currently the Program Director at Dakota Star Gymnastics in Mandan, where she has been overseeing the recreational programs, Team programs, Braves team off-season programs, and administrative processes since 2010.



Robbie Werchau

Minot Head Coach

Robbie was a competitive gymnast through high school eventually competing for Valley City State University. In 1991, she moved to Minot and began her competitive coaching career. She has been actively involved since that time coaching USAG gymnastics, as well as the Minot High School gymnastics team. She currently teaches Language Arts for Minot High School after many years of teaching Physical Education. She is married to Lance and has two adult children.



Dave Tews
Jamestown Head Coach

Dave has been coaching the Blue Jays for 39 years. He graduated from Jamestown College in 1977. Dave taught middle school physical education for six years and middle school social studies for the past 33 years. He and his wife Jeanne have three grown children, Matt, Abby and Nick. He serves as the diving coach for the Girls swimming and diving team (31 yrs) as well as coaching MS girl's track and field for 39 years.



Suzanne Fisher
Valley City Head Coach

Suzanne graduated with honors form Valparaiso University earning a BS in both biology and chemistry. Suzanne has been coaching gymnastics since 1984 at the preschool thru Elite levels where she has experienced success at all levels. Suzanne is in her 4th season as the head coach and director of Valley Twisters Gymnastics. In high school, Suzanne competed on her high school gymnastics team and also danced with a semi professional ballet company. Suzanne is married to Dave Fisher. They have three children, Rebekah, Emilee and Elisha.

STATE INDIVIDUAL CHAMPIONS

1969		
Tumbling	Marilyn Falk	Jamestown
Trampoline	Kathy Ohnstad	Fargo South
Floor Exercise	Barbara Mitchell	Jamestown
Beam	Heather Snell	Jamestown
Bars	Julie Nelson	Jamestown
All Around	Barbara Mitchell	Jamestown
<u>1970</u>		D 0 1
Vault	Tracy Gunkelman	Fargo South
Floor Exercise	Barbara Mitchell	Jamestown
Beam	Barbara Mitchell	Jamestown
Bars	Barbara Mitchell	Jamestown
All Around	Barbara Mitchell	Jamestown
<u>1971</u>		C. M. J.
Vault	Margaret Hagen	St. Mary's
	Melissa Henning	Fargo South
Beam	Jo Pavicic	Fargo South
Bars	Kathy Sullivan	Jamestown
All Around	Jo Pavicic	Fargo South
1972	T. C. 1.1	E C 1
Vault	Tracy Gunkelman	Fargo South
Floor Exercise	Kathy Sullivan	Jamestown
Beam	Kathy Sullivan	Jamestown
Bars	Kathy Sullivan	Jamestown
All Around	Melissa Henning	Fargo South
1973	T. C. 1.1	D C 1
Vault	Tracy Gunkelman	Fargo South
	Linda Basaraba	Dickinson
Beam	Linda Basaraba	Dickinson
Bars	Tracy Gunkelman	Fargo South
All Around	Tracy Gunkelman	Fargo South
<u>1974</u> Vault	Tracy Gunkelman	Force South
		Fargo South Dickinson
Floor Exercise	Robin Huebner	
Beam	Robin Huebner	Dickinson
Bars	Marcia Urban	Fargo South
All Around	Robin Huebner	Dickinson
1975 Voult	Dobin Harbara	Dialin
Vault	Robin Huebner	Dickinson
Floor Exercise	Robin Huebner Robin Huebner	Dickinson
Beam Barra		Dickinson
Bars	Robin Huebner	Dickinson
All Around	Robin Huebner	Dickinson
1976 Vault	Dahin Husham	Dialring
Vault Floor Exercise	Robin Huebner Robin Huebner	Dickinson Dickinson
Beam	Robin Huebner Robin Huebner	Dickinson
	Robin Huebner Robin Huebner	Dickinson
Bars All Around	Robin Huebner Robin Huebner	Dickinson
1977		
Vault	Mo Day	Fargo South
Floor Exercise	Greta Sjursen	Dickinson
Beam	Susie Schraufek	Fargo South
LALGIII	Dusic Dellauter	
	Stacev Simle	Farm South
Bars All Around	Stacey Simle Greta Sjursen	Fargo South Dickinson

1978		
Vault	Nancy Davis	Dickinson
Floor Exercise		Fargo South
Beam	Susie Schraufek	Fargo South
Bars	Stacey Simle	Fargo South
All Around	Stacey Simle	Fargo South
<u>1979</u>		
Vault	Nancy Davis	Dickinson
Floor Exercise	Susie Schraufek	Fargo South
Beam	Susie Schraufek	Fargo South
Bars	Stacey Simle	Fargo South
All Around	Susie Schraufek	Fargo South
1980		
Vault	Kristi Tryhus	Fargo South
Floor Exercise		Fargo South
Beam	Stacey Simle	Fargo South
Bars	Stacey Simle	Fargo South
All Around	Stacey Simle	Fargo South
<u>1981</u>	W/D.	D. C.
Vault	Kristi Tryhus	Fargo South
Floor Exercise		Fargo South
Beam Bars	Cindy Rodlund	Fargo South
All Around	Stacey Simle Cindy Rodlund	Fargo South Fargo South
7 III 7 II OURIU	Chicy Rodiuld	rago souur
1982	T : N / 1	M
Vault	Lori Malsom	Minot Ryan
	Cindy Rodland	Fargo South
Beam Bars	Cindy Rodlund Cindy Rodlund	Fargo South Fargo South
All Around	Cindy Rodlund	Fargo South
		•
1983 V	Talia Wiston	M:+ D
Vault	Julie Visina Cindy Rodlund	Minot Ryan Fargo South
Beam	Robin Wheeler	Dickinson
Bars	Julie Visina	Minot Ryan
All Around	Julie Visina	Minot Ryan
	Jane vibina	1, miot reyair
<u>1984</u> Vault	Robin Wheeler	Dickinson
	Cindy Rodlund	Fargo South
Beam	Shelby Young	Bismarck Century
Bars	Julie Visina	Minot Ryan
All Around	Robin Wheeler	Dickinson
1985		
Vault	Cindy Rodlund	Fargo South
Floor Exercise		Bismarck Century
Beam	Stacie Lowman	Devils Lake
Bars	Julie Visina	Minot Ryan
All Around	Julie Visina	Minot Ryan
1986		
Vault	Rachel Johnson	Bismarck
Floor Exercise	Tami Russell	Bismarck Century
Beam	Jodi Hansen	Dickinson
Bars	Rachel Johnson	Bismarck
All Around	Rachel Johnson	Bismarck

	Adlat
G . C.	D. C.
	Fargo South
	Fargo South
	Fargo South
	West Fargo
	Minot
Kristi Dewald	West Fargo
	Fargo South
	Bismarck Century
	Bismarck Century
	Bismarck Century
Tami Russell	Bismarck Century
Stacie Lowman	Fargo North
Cassie Osborn	Fargo South
Cassie Osborn	Fargo South
Teri Zimbelman	Minot
Cassie Osborn	Fargo South
Stacie Lowman	Fargo North
Cassie Osborn	Fargo South
Cassie Osborn	Fargo South
Cassie Osborn	Fargo South
Jenny Nelson	Fargo North
Cassie Osborn	Fargo South
Kim Sveum	Minot
Jenny Nelson	Fargo North
Tara Lefor	Dickinson
Kim Sveum	Minot
Kim Sveum	Minot
Kim Sveum	Minot
Kim Sveum	Minot
Nicole Ziegler	Bismarck Century
Kim Sveum	Minot
Kim Sveum	Minot
Kim Sveum	Minot
Kim Sveum	Minot
Kim Sveum	Minot
Jodi Schwehr	Bismarck Century
Jodi Schwehr Kim Sveum	Bismarck Century Minot
	Cassie Osborn Cassie Osborn Teri Zimbelman Cassie Osborn Stacie Lowman Cassie Osborn Cassie Osborn Cassie Osborn Cassie Osborn Jenny Nelson Cassie Osborn Kim Sveum Jenny Nelson Tara Lefor Kim Sveum

2017 NORTH DAKOTA STATE GYMNASTICS CHAMPIONSHIPS

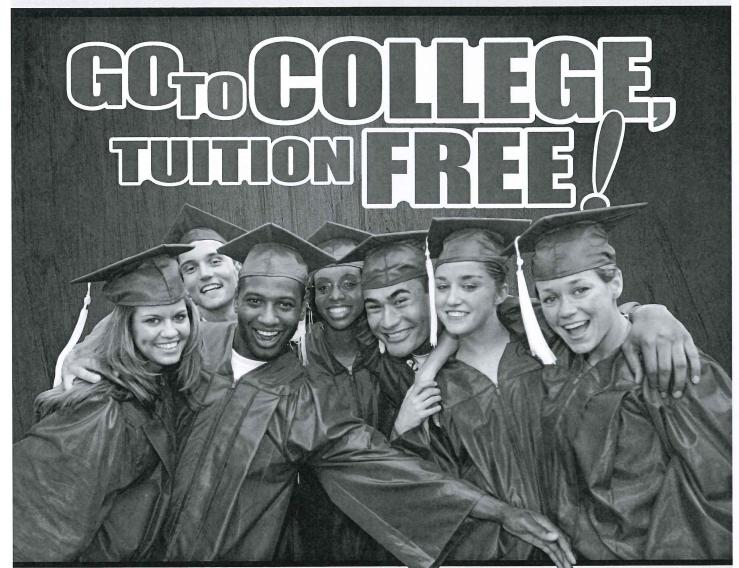
	JALLES
T 1: C 1 1	D: 1 C
	Bismarck Century
	Bismarck Century
	Bismarck Century
Nicole Ziegler	Bismarck Century
Krista Isakson	Minot
Jodi Schwehr	Bismarck Century
Gina Lang	Bismarck
Teri Ann Krefting	Minot
Jodi Schwehr	Bismarck Century
Jodi Schwehr	Bismarck Century
Jodi Schwehr	Bismarck Century
Heidi Goehring	Bismarck Century
Teri Ann Krefting	Minot
Marie Boyeff	Minot
Teri Ann Krefting	Minot
Marie Boyeff	Minot
Heidi Goehring	Bismarck Century
Heidi Goehring	Bismarck Century
Teri Ann Krefting	Minot
Gina Lang	Bismarck
Gina Lang	Bismarck
9	Bismarck Century
	Bismarck Century
Heidi Goehring	Bismarck Century
Andrea Albertson	Minot
Heidi Goehring	Bismarck Century
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0	Bismarck Century
	Bismarck
	Minot
Heidi Goehring	Bismarck Century
Tiffany Tello	Bismarck
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Kari Nolz Tiffany Tello Kari Nolz Kari Nolz Tiffany Tello Tiffany Tello Tiffany Tello Whitney Buchholz Tiffany Tello Kari Nolz Tiffany Tello	Bismarck
	Nicole Ziegler Krista Isakson Jodi Schwehr Gina Lang Teri Ann Krefting Jodi Schwehr Jodi Schwehr Jodi Schwehr Jodi Schwehr Heidi Goehring Teri Ann Krefting Marie Boyeff Teri Ann Krefting Marie Boyeff Heidi Goehring Heidi Goehring Teri Ann Krefting Heidi Goehring Andrea Albertson

Vault	Jade Beattie	Bismarck
Floor Exercise		Bismarck
Beam	Jade Beattie	Bismarck
Bars	Jade Beattie	Bismarck
All Around	Jade Beattie	Bismarck
2005		
Vault	Chelsea Preston	Fargo South
	Chelsea Preston	Fargo South
Beam	Krista Riley	Bismarck
Bars	Jade Beattie	Bismarck
All Around	Chelsea Preston	Fargo South
<u>2006</u> Vault	Vuinta Dilan	Bismarck
Floor Exercise	Krista Riley Emily Wong	Grand Forks
Beam	Briana Jones	Grand Forks
Bars		Grand Forks
All Around	Emily Wong Briana Jones	Grand Forks
All Alound	Difaria Jones	Grand Porks
<u>2007</u> Vault	Chelsea Preston	Fargo South
	Chelsea Preston	Fargo South
Beam	Joley Beeler	Minot
Bars	Chelsea Preston	Fargo South
All Around	Chelsea Preston	Fargo South
7 m 7 Hourd	Chasca Treston	Tango ooda
<u>2008</u> Vault	Brooklyn Bender	Minot
	Brittany Johnson	Grand Forks
Beam	Jennifer Bachamp	Dickinson
Bars	Brogan Burwick	Dickinson
All Around	Mackenzie Keidel	Bismarck
2009		
Vault	Brooklyn Bender	Minot
Floor Exercise	Kelsey Dukart	Dickinson
Beam	Brogan Burwick	Dickinson
Bars	Alex Braaten	Grand Forks
All Around	Alex Braaten	Grand Forks
2010		
Vault	Brooklyn Bender	Minot
	Brooklyn Bender	Minot
Beam	Faith Marty	Fargo North
Bars	Kaylee Keller	Bismarck
All Around	Brooklyn Bender	Minor
<u>2011</u>	C. 1 II 1	D. (f.
Vault	Samantha Huethe	
Floor Exercise	Acacia Fossum	Dickinson
D	Acacia Fossum	Dickinson
Beam	T .C A11	
Beam Bars All Around	Jennifer Albers Acacia Fossum	Bismarck Century Dickinson
Bars All Around		
Bars All Around 2012	Acacia Fossum	Dickinson
Bars All Around 2012 Vault	Acacia Fossum Mackenzie Keidel	Dickinson Bismarck
Bars All Around 2012 Vault Floor Exercise	Acacia Fossum Mackenzie Keidel Acacia Fossum	Dickinsor Bismarck Dickinsor
Bars All Around 2012 Vault	Acacia Fossum Mackenzie Keidel	Dickinsor Bismarck

Vault	Faith Marty	Fargo
Floor Exercise	Mikaela Kessel	Dickinson
Beam	Faith Marty	Fargo
Bars	Jessica Gabriel	Bismarck Century
All Around	Acacia Fossum	Dickinson
2014		
Vault	Jessica Gabriel	Bismarck Century
Floor Exercise	Acacia Fossum	Dickinson
Beam	Kiara Bock	Fargo Davie
Bars	Jessica Gabriel	Bismarck Century
All Around	Kaylee Keller	Bismarcl
2015		
Vault	Madison Reiter	Mino
Floor Exercise	Acacia Fossum	Dickinson
Beam	Acacia Fossum	Dickinson
Bars	Acacia Fossum	Dickinson
All Around	Acacia Fossum	Dickinson
2016		
Vault	Keana Kudma	Dickinson
Floor Exercise	Acacia Fossum	Dickinson
Beam	Acacia Fossum	Dickinson
Bars	Acacia Fossum	Dickinson
All Around	Acacia Fossum	Dickinson

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MOST INDIVIDUAL TITLES (CAREER)

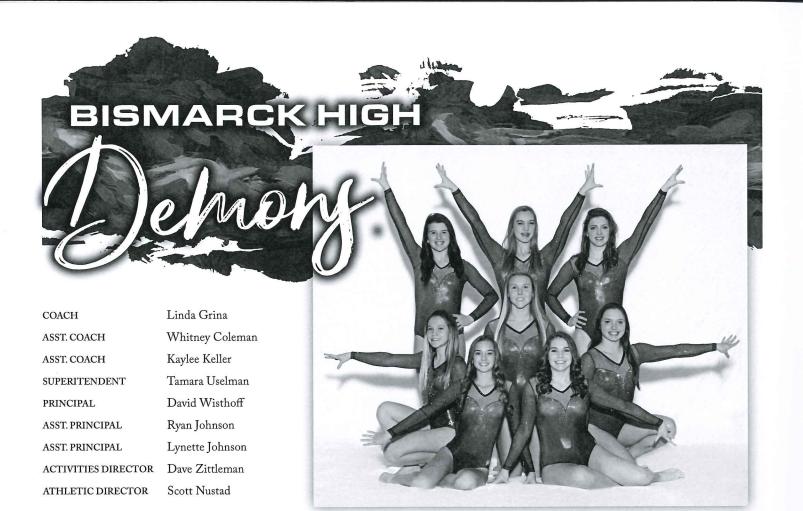
NO. OF		(AST YEAR SYMNAST
TITLES	NAME		ONATITI
16	Kim Sveum	Minot	1994
15	Acacia Fossum	Dickinson	2016
13	Robin Huebner	Dickinson	1976
11	Cassie Osborn	Fargo South	1990
10	Tiffany Tello	Bismarck	2003
10	Stacey Simle	Fargo South	1981
9	Heidi Goehring	Century	2000
9	Cindy Rodlund	Fargo South	1985
7	Chelsea Preston	Fargo South	2007
7	Jodi Schwehr	Century	1996
6	Jade Beattie	Bismarck	2005
6	Tami Russell	Century	1988
6	Julie Visina	Minot Ryan	1985
6	Tracy Gunkelman	Fargo South	1974
6	Barbara Mitchell	Jamestown	1970
5	Brooklyn Bender	Minot	2010
5	Kari Nolz	Bismarck	2003
5	Susie Schraufek	Fargo South	1979
4	Teri Ann Krefting	Minot	1998
4	Kathy Sullivan	Jamestown	1972
3	Jessica Gabriel	Bismarck Century	2014
3	Faith Marty	Fargo North, Fargo	2013
3	Andrea Albertson	Minot	2000
3	Gina Lang	Bismarck	1998
3	Stacey Lowman	Devils Lake,	
		Fargo North	1990
3	Rachel Johnson	Bismarck	1986
3	Robin Wheeler	Dickinson	1984
2	Kaylee Keller	Bismarck	2014
2	Kiara Bock	Fargo Davies	2014
2	Jennifer Albers	Bismarck Century	2012
2	Mackenzie Keidel	Bismarck	2012
2	Alex Braaten	Grand Forks	2009
2	Brogan Burwick	Dickinson	2009
2	Brianna Jones	Grand Forks	2006
2	Emily Wong	Grand Forks	2006
2	Krista Riley	Bismarck	2006
2	Marie Boyeff	Minot	1997
2	Nicole Ziegler	Century	1995
2	Jenny Nelson	Fargo North	1991
2	Kristi Dewald	West Fargo	1987
2	Kristi Tryhus	Fargo South	1981
		Dickinson	1979
2 2	Nancy Davis	Dickinson	1977
	Greta Sjursen		1977
2	Linda Basaraba	Dickinson Forms South	
2	Melissa Henning	Fargo South	1972
2	Jo Pavicic	Fargo South	1971

MOST INDIVIDUAL TITLES (CAREER) EACH EVENT

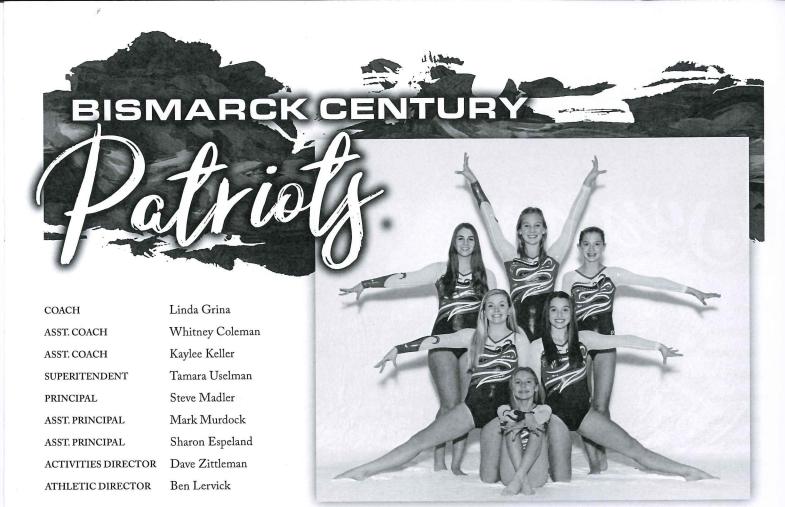
All Around		TITLES	LAST YEAR GYMNAST WON A TITLE
	D: 1:	_	2016
Acacia Fossum	Dickinson	5 4	2016 1994
Kim Sveum	Minot		
Robin Huebner	Dickinson	3	1976
Vault			
Kim Sveum	Minot	4	1994
Tracy Gunkelman	Fargo South	4	1974
Brooklyn Bender	Minot	3	2010
Heidi Goehring	Bismarck Centur	y 3	1999
Bars			
Stacey Simle	Fargo South	5	1981
Kim Sveum	Minot	4	1994
Julie Visina	Minot Ryan	3	1985
Julie v Isilia	Willot Ryali	3	1703
Beam			
Acacia Fossum	Dickinson	3	2016
Tiffany Tello	Bismarck	3	2003
Cassie Osborn	Fargo South	3	1990
Susie Schraufek	Fargo South	3	1979
Robin Huebner	Dickinson	3	1976
Floor Exercise			
Acacia Fossum	Dickinson	5	2016
Heidi Goehring	Bismarck Centur		2000
Kim Sveum	Minot	3	1994
Cassie Osborn	Fargo South	3	1990
Tami Russell	Bismarck Centur		1988
Cindy Rodlund	Fargo South	3	1984
Robin Huebner	Dickinson	3	1976
Robin Tuebliel	DICKIIISUII		1770

MOST INDIVIDUAL CHAMPIONSHIPS (BY TEAM) ALL TIME

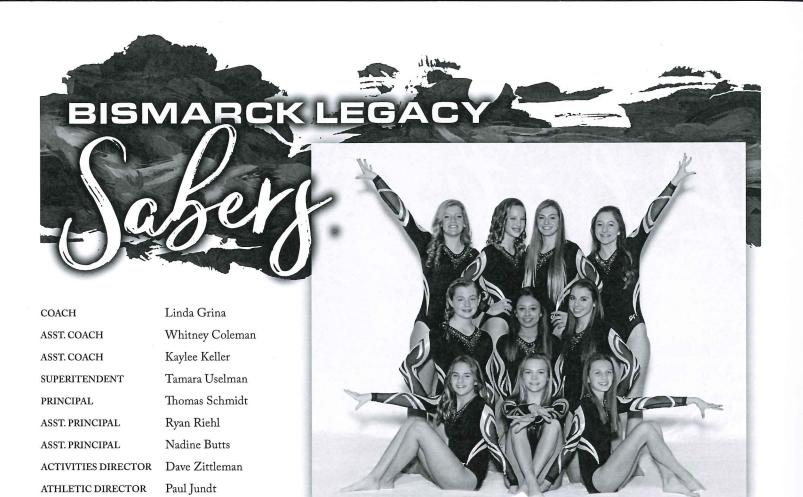
Fargo South	58	Minot Ryan	7
Dickinson	45	Fargo North	5
Minot	36	West Fargo	2
Bismarck	33	Fargo	2
Century	32	Fargo Davies	2
Jamestown	13	Devils Lake	1
Grand Forks	7	St. Mary's	1



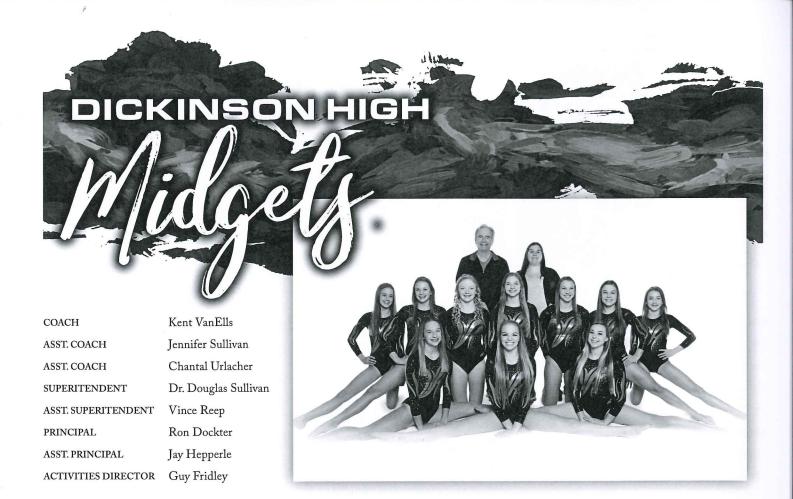
#	NAME	VAULT	BARS	BEAM	FLOOR	ALL-AROUND
202	Julia Red Wing					
205	Lauren Carlson					
206	Emily Kvien					
211	Morgan Salwei					
212	Kate Dillman					
213	Mackenzie Johnson					
214	Carissa Albert					
TOT	AL TOP SCORES					



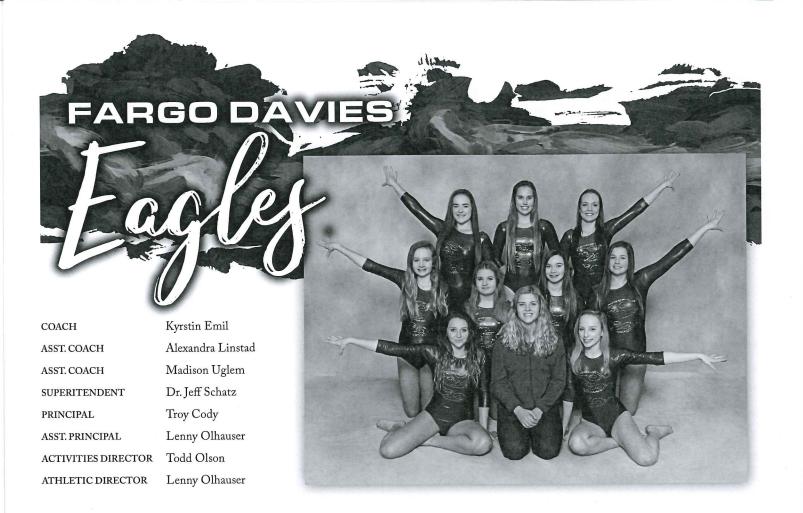
#	NAME	VAULT	BARS	BEAM	FLOOR	ALL-AROUND
952	Brooklyn Morris					
956	Halle Johnsrud					
959	Taylor DeCoteau					
960	Kenzie Gullickson					
TOT	AL TOP SCORES					



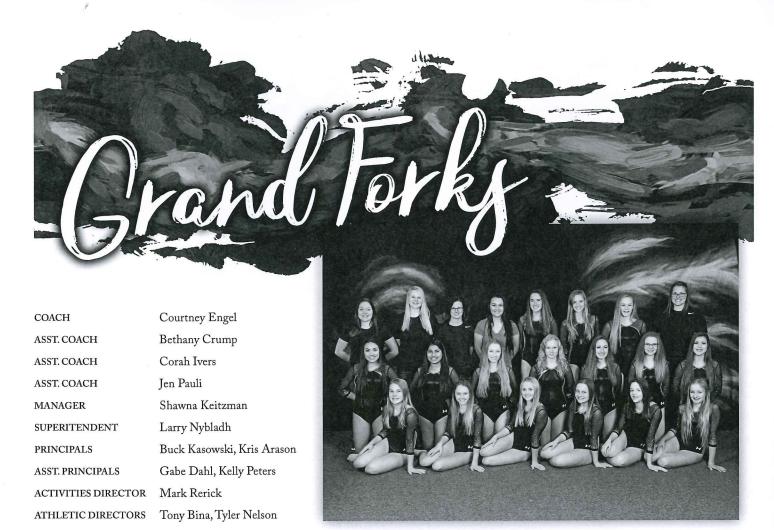
#	NAME	VAULT	BARS	BEAM	FLOOR	ALL-AROUND
606	Elicca Stugelmeyer					
608	Madison Deics					
614	Adriana Rasidovic					
616	Zoe Prince					
617	Taylor Weidner					
618	Paige Davis					
620	Kyrie Link					
621	Alyssa Larson					
622	Kalyssa Erickson					
637	Hannah Schumacher					
TOT	AL TOP SCORES					



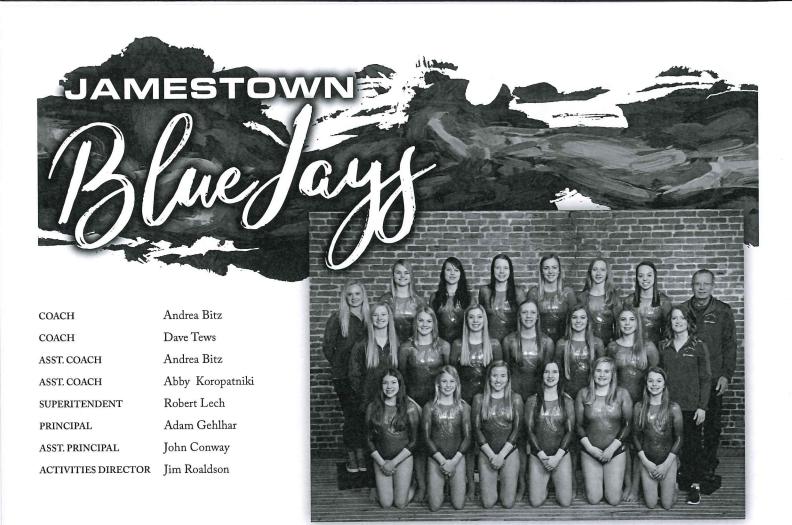
#	NAME	VAULT	BARS	BEAM	FLOOR	ALL-AROUND
401	Ayanna Fossum					
404	Dacia Rambousek					1
406	Meghan Ackerman					
410	Faith Beck					
411	BayLee Fetch					78
414	Veronica Pavek					
415	Ryan Campbell					
416	Brinklyn Schumacher					
417	Katie Henry					
418	Macy Leiss					¥
TOT	AL TOP SCORES					



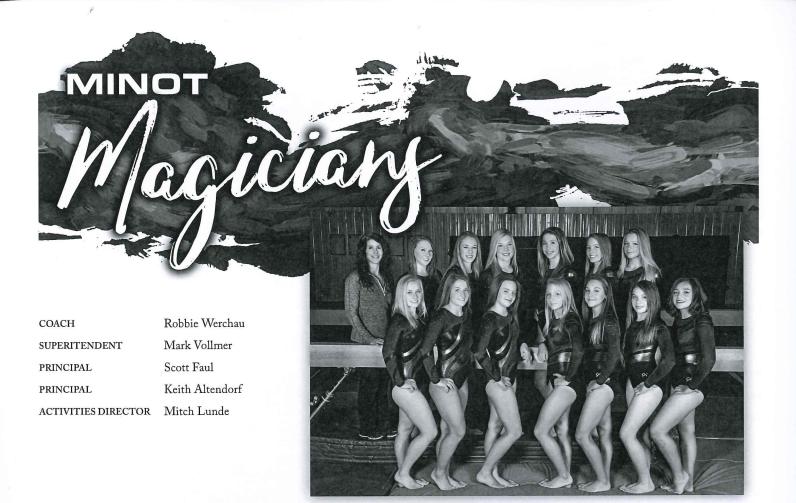
#	NAME	VAULT	BARS	BEAM	FLOOR	ALL-AROUND
315	Anna Suppes				-	
306	Alyssa Gierke					
309	Alyssa Impola					
307	Amorelle Upton					
303	Ashlyn Eagleson					
304	Hattie Gompf					
308	Kara Poynter					
311	Kalyn King					
312	Regan Berg					
ТОТ	AL TOP SCORES					



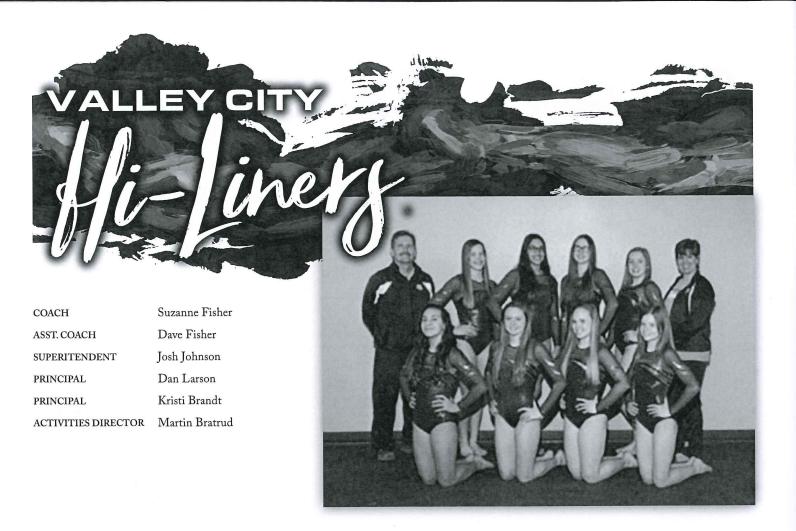
-19072-57					
#	NAME	VAULT	BARS	BEAM	ALL-AROUND
504	Madelynne Heydt				
507	Sydnee Spivey				
510	Julia Miller				
512	Kayla Lamoureux				
514	Becca Warnke				
523	Tati Garcia				
524	Charisse Vetsch				
532	Sydney Passa				
546	Claire Anderson				
TOT	TAL TOP SCORES				x



#	NAME	VAULT	BARS	BEAM	FLOOR	ALL-AROUND
160	Madison Mandan					
162	Maggie Ridley					
187	Alexis Triebenbach					
175	Hannah Schiele					
153	Peyton Rudnick					
159	Courtney Mack					
185	Sophie McClean					
168	Rachel Schiele					
183	Makenna O'Neal					
165	Haley Nelson					
TOT	AL TOP SCORES					



#	NAME VAULT	BARS	BEAM	FLOOR	ALL-AROUND
5	Olivia Schoffstall				
11	Adisynn Widdel				
7	Bella Price				
3	Olivia Spengler				
16	Dominique Steele				
1	Grace Shanklin				
15	Mia Campana				
4	Lyric Leverenz				
12	Jordyn Kitzman				
ТОТ	ALTOPSCORES				,



#	NAME	VAULT	BARS	BEAM	FLOOR	ALL-AROUND
876	Britta Roehrich					
873	Grace Anderson					
874	Hannah Sorenson					-
872	Jocey Kriewald					
877	Olivia Olson					
875	Michaela Thibert					
878	Makayla Gordon					
856	Taylor Johson					
TOT	AL TOP SCORES					



Kyrstin Emil COACH Alexandra Linstad ASST. COACH ASST. COACH Madison Uglem Dr. Jeff Schatz SUPERITENDENT Andy Dahlen PRINCIPAL Dr. Todd Bertsch PRINCIPAL Cory Lehman ASST. PRINCIPAL ACTIVITIES DIRECTOR Todd Olson

ATHLETIC DIRECTOR Travis Christensen ATHLETIC DIRECTOR Mike Beaton

COACH

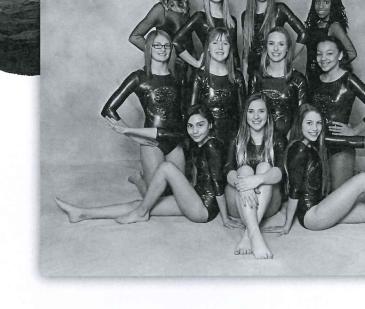
ASST. COACH

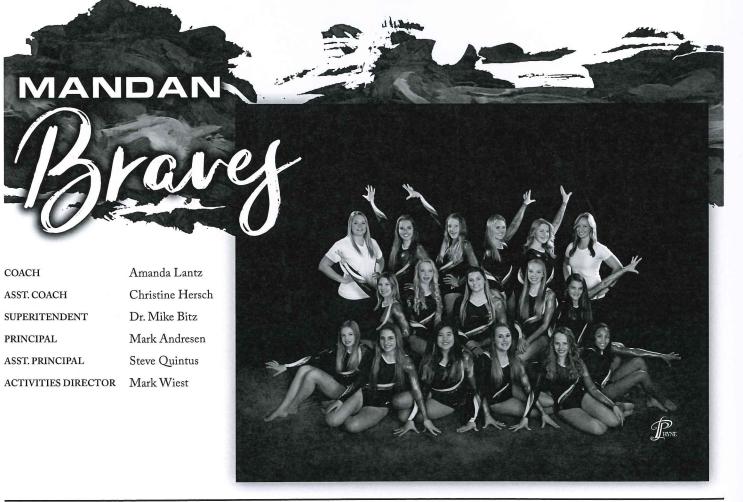
PRINCIPAL

SUPERITENDENT

ASST. PRINCIPAL

FEBRUARY 24-25, 2017 · DICKINSON, NORTH DAKOTA







BEST ALL TIME ALL AROUND SCORES

(SINCE 1981) 38.000 or better

SCORE	NAME	TEAM	YEAR	SCORE	NAME	TEAM	YEAR
39.166	Jade Beattie	Bismarck	2004	38.201	Marie Boyeff	Minot	1997
39.067	Acacia Fossum	Dickinson	2016	38.200	Lindsey Wong	Grand Forks	2004
38.750	Heidi Goehring	Century	2000	38.200	Kaitlyn Towery	Minot	2004
38.717	Tiffany Tello	Bismarck	2002	38.200	Cassie Osborn	Fargo South	1990
38.667	Acacia Fossum	Dickinson	2015	38.200	Brooklyn Bender	Minot	2010
38.667	Heidi Goehring	Century	1999	38.150	Jade Beattie	Bismarck	2003
38.600	Andrea Albertson	Minot	1999	38.150	Chelsea Preston	Fargo South	2005
38.567	Jodi Schwehr	Century	1996	38.150	Kim Sveum	Minot	1992
38.483	Tiffany Tello	Bismarck	2003	38.117	Heidi Goehring	Century	1998
38.467	Jade Beattie	Bismarck	2002	38.101	Tami Russell	Century	1988
38.400	Cassie Osborn	Fargo South	1989	38.090	Jodi Schwehr	Century	1995
38.400	Kim Sveum	Minot	1993	38.083	Hannah Werchau	Minot	2016
38.400	Kim Sveum	Minot	1994	38.067	Keana Kudrna	Dickinson	2016
38.333	Acacia Fossum	Dickinson	2013	38.067	Andrea Albertson	Minot	2000
38.317	Gina Lang	Bismarck	1998	38.050	Jessica Gabriel	Century	2013
38.310	Rachel Johnson	Bismarck	1986	38.050	Kaylee Keller	Bismarck	2013
38.300	Kari Nolz	Bismarck	2001	38.033	Tiffany Tello	Bismarck	2001
38.283	Acacia Fossum	Dickinson	2012	38.020	Tami Russell	Century	1986
38.250	Acacia Fossum	Dickinson	2011	38.017	Briana Jones	Grand Forks	2006
38.217	Mackenzie Keidel	Bismarck	2012	38.000	Teri Ann Krefting	Minot	1996

10 BEST ALL TIME SCORES - BARS

(SINCE 1989)

SCORE	NAME	TEAM	YEAR
9.883	Andrea Albertson	Minot	1999
9.867	Andrea Albertson	Minot	2000
9.850	Kari Nolz	Bismarck	2001
9.833	Jade Beattie	Bismarck	2004
9.817	Gina Lang	Bismarck	1998
9.800	Jennifer Albers	Century	2012
9.800	Tiffany Tello	Bismarck	1999
9.783	Whitney Buchholz	Century	2004
9.783	Kari Nolz	Bismarck	1999
9.767	Acacia Fossum	Dickinson	2016
9.767	Acacia Fossum	Dickinson	2012

10 BEST ALL TIME SCORES - BEAM

(SINCE 1989)

SCORE	NAME	TEAM	YEAR
9.867	Heidi Goehring	Century	1999
9.867	Jodi Schwehr	Century	1996
9.850	Marie Boyeff	Minot	1997
9.800	Jade Beattie	Bismarck	2004
9.783	Tiffany Tello	Bismarck	2003
9.767	Lindsey Wong	Grand Forks	2003
9.767	Teri Ann Krefting	Minot	1998
9.767	Teri Ann Krefting	Minot	1996
9.750	Kaitlyn Towery	Minot	2004
9.750	Molly McDonald	Century	1997
		AND DESCRIPTION OF THE PARTY OF	

10 BEST ALL TIME SCORES - FLOOR

PIINTE LABAL

SCORE	NAME	TEAM	YEAR
9.867	Acacia Fossum	Dickinson	2012
9.867	Heidi Goehring	Century	1998
9.833	Acacia Fossum	Dickinson	2016
9.833	Alex Lind	Jamestown	2012
9.833	Chelsea Preston	Fargo South	2007
9.800	Keana Kudrna	Dickinson	2016
9.800	Acacia Fossum	Dickinson	2015
9.783	Madison Reiter	Minot	2015
9.783	Mackenzie Keidel	Bismarck	2012
9.767	Mikaela Kessel	Dickinson	2013
9.767	Misha Taylor	Minot	2012

10 BEST ALL TIME SCORES - VAULT

SINCE 1989)

SCORE 9.950 9.900	NAME Kim Sveum Keana Kudrna	TEAM Minot Dickinson	YEAR 1994 2016
9.867	Acacia Fossum	Dickinson	2016
9.867 9.850	Mackenzie Keidel Heidi Goehring	Bismarck	2012 1999
9.800	Jessica Gabriel	Century Century	2014
9.800	Chelsea Preston	Fargo South	2005
9.800	Jade Beattie	Bismarck	2004
9.800	Tiffany Tello	Bismarck	2002
9.783	Tiffany Tello	Bismarck	2001
9.783	Heidi Goehring	Century	1998
9.783	Heidi Goehring	Century	1997

INDIVIDUAL COMPETITORS

ROTATION #1

VAULT		UNEVEN BARS	
165 Haley Nelson	Jamestown	510 Julia Miller	Grand Forks
183 Makenna O'Ne	eal Jamestown	160 Maddy Mandan	Jamestown
211 Morgan Salwei	Bismarck High	546 Claire Anderson	Grand Forks
153 Peyton Rudnic	k Jamestown	873 Grace Anderson	Valley City
205 Lauren Carlson	n Bismarck High	175 Hannah Schiele	Jamestown
507 Sydnee Spivey	Grand Forks	4 Lyric Leverenz	Minot High
878 Makayla Gordo	on Valley City	608 Madison Deics	Legacy High
876 Birtta Roehrich	valley City	872 Jocey Kriewald	Valley City
410 Faith Beck	Dickinson High	1 Grace Shanklin	Minot High
856 Taylor Johnson	Valley City	401 Ayanna Fossum	Dickinson High
406 Meghan Acker	man Dickinson High		
202 Julia Red Wing	g Bismarck High		
BALANCE BEAM		FLOOR EXERCISE	
BALANCE BEAM 304 Hattie Gompf	Fargo Davies	FLOOR EXERCISE 952 Brooklyn Morris	Century High
			Century High Grand Forks
304 Hattie Gompf	h Grand Forks	952 Brooklyn Morris	, 0
304 Hattie Gompf 524 Charisse Vetsch	h Grand Forks au Century High	952 Brooklyn Morris 512 Kayla Lamoureux	Grand Forks Grand Forks
304 Hattie Gompf 524 Charisse Vetsch 959 Taylor DeCote	h Grand Forks au Century High	952 Brooklyn Morris 512 Kayla Lamoureux 514 Becca Warnke	Grand Forks Grand Forks
304 Hattie Gompf 524 Charisse Vetsch 959 Taylor DeCote 874 Hannah Soren	h Grand Forks au Century High sen Valley City Legacy High	952 Brooklyn Morris 512 Kayla Lamoureux 514 Becca Warnke 416 Brinklyn Schumacher	Grand Forks Grand Forks Dickinson High
304 Hattie Gompf 524 Charisse Vetsch 959 Taylor DeCote 874 Hannah Soren 616 Zoe Prince	h Grand Forks au Century High sen Valley City Legacy High Jamestown	952 Brooklyn Morris 512 Kayla Lamoureux 514 Becca Warnke 416 Brinklyn Schumacher 960 Kenzie Gullickson	Grand Forks Grand Forks Dickinson High Century High
304 Hattie Gompf 524 Charisse Vetsch 959 Taylor DeCote 874 Hannah Soren 616 Zoe Prince 162 Maggie Ridley	h Grand Forks au Century High sen Valley City Legacy High Jamestown Fargo Davies	 952 Brooklyn Morris 512 Kayla Lamoureux 514 Becca Warnke 416 Brinklyn Schumacher 960 Kenzie Gullickson 5 Olivia Schoffstall 	Grand Forks Grand Forks Dickinson High Century High Minot High
304 Hattie Gompf 524 Charisse Vetsch 959 Taylor DeCote 874 Hannah Soren 616 Zoe Prince 162 Maggie Ridley 303 Ashlyn Eaglese	h Grand Forks au Century High Sen Valley City Legacy High Jamestown Fargo Davies ert Valley City	 952 Brooklyn Morris 512 Kayla Lamoureux 514 Becca Warnke 416 Brinklyn Schumacher 960 Kenzie Gullickson 5 Olivia Schoffstall 606 Elicca Stugelmeyer 	Grand Forks Grand Forks Dickinson High Century High Minot High Legacy High
304 Hattie Gompf 524 Charisse Vetsch 959 Taylor DeCote 874 Hannah Soren 616 Zoe Prince 162 Maggie Ridley 303 Ashlyn Eaglese 875 Michaela Thibe	h Grand Forks au Century High Sen Valley City Legacy High Jamestown on Fargo Davies ert Valley City bach Jamestown	952 Brooklyn Morris 512 Kayla Lamoureux 514 Becca Warnke 416 Brinklyn Schumacher 960 Kenzie Gullickson 5 Olivia Schoffstall 606 Elicca Stugelmeyer 212 Kate Dillman	Grand Forks Grand Forks Dickinson High Century High Minot High Legacy High Bismarck High
304 Hattie Gompf 524 Charisse Vetsch 959 Taylor DeCote 874 Hannah Soren 616 Zoe Prince 162 Maggie Ridley 303 Ashlyn Eaglese 875 Michaela Thibe 187 Alexis Triebenh	h Grand Forks au Century High Sen Valley City Legacy High Jamestown on Fargo Davies ert Valley City bach Jamestown	952 Brooklyn Morris 512 Kayla Lamoureux 514 Becca Warnke 416 Brinklyn Schumacher 960 Kenzie Gullickson 5 Olivia Schoffstall 606 Elicca Stugelmeyer 212 Kate Dillman	Grand Forks Grand Forks Dickinson High Century High Minot High Legacy High Bismarck High
304 Hattie Gompf 524 Charisse Vetsch 959 Taylor DeCote 874 Hannah Soren 616 Zoe Prince 162 Maggie Ridley 303 Ashlyn Eaglese 875 Michaela Thibe 187 Alexis Triebenh 404 Dacia Rambou	h Grand Forks au Century High Sen Valley City Legacy High Jamestown on Fargo Davies ert Valley City bach Jamestown sek Dickinson High Fargo Davies	952 Brooklyn Morris 512 Kayla Lamoureux 514 Becca Warnke 416 Brinklyn Schumacher 960 Kenzie Gullickson 5 Olivia Schoffstall 606 Elicca Stugelmeyer 212 Kate Dillman	Grand Forks Grand Forks Dickinson High Century High Minot High Legacy High Bismarck High

INDIVIDUAL COMPETITORS

ROTATION #2

	RUIA	1011 #2	
VAULT		UNEVEN BARS	
159 Courtney Ma	ack Jamestown	876 Birtta Roehrich	Valley City
416 Brinklyn Sch	umacher Dickinson High	410 Faith Beck	Dickinson High
877 Olivia Olson	Valley City	183 Makenna O'Ne	al Jamestown
212 Kate Dillman	n Bismarck High	614 Adriana Rasido	vic Legacy High
512 Kayla Lamou	reux Grand Forks	856 Taylor Johnson	Valley City
960 Kenzie Gulli	ckson Century High	202 Julia Red Wing	Bismarck High
7 Bella Price	Minot High	205 Lauren Carlson	Bismarck High
606 Elicca Stugel	meyer Legacy High	211 Morgan Salwei	Bismarck High
952 Brooklyn Mo	orris Century High	165 Haley Nelson	Jamestown
5 Olivia Schof	fstall Minot High	507 Sydnee Spivey	Grand Forks
		406 Meghan Ackers	man Dickinson High
BALANCE BEAM		FLOOR EXERCISE	
	s Mandan High	315 Anna Suppes	Fargo Davies
585 Rylee Bower		1.	Jamestown
872 Jocey Kriewa	• •	162 Maggie Ridley 404 Dacia Rambous	
873 Grace Ander	, ,		Jamestown
401 Ayanna Foss		168 Rachel Schiele	•
4 Lyric Levere		959 Taylor DeCotes	
160 Maddy Man		875 Michaela Thibe	
608 Madison De	3, 2	303 Ashlyn Eagleso	9
175 Hannah Sch	*	304 Hattie Gompf	Fargo Davies
1 Grace Shank	lin Minot High	187 Alexis Triebenh	oach Jamestown

Grand Forks

546 Claire Anderson

INDIVIDUAL COMPETITORS

ROTATION #3

VAULT		UNEVEN BARS
168 Rachel Schiele	Jamestown	960 Kenzie Gullickson Century High
504 Madelynne Heydt	Grand Forks	7 Bella Price Minot High
187 Alexis Triebenbach	Jamestown	617 Taylor Weidner Legacy High
532 Sydney Passa	Grand Forks	416 Brinklyn Schumacher Dickinson High
875 Michaela Thibert	Valley City	5 Olivia Schoffstall Minot High
404 Dacia Rambousek	Dickinson High	952 Brooklyn Morris Century High
411 BayLee Fetch	Dickinson High	512 Kayla Lamoureux Grand Forks
303 Ashlyn Eagleson	Fargo Davies	606 Elicca Stugelmeyer Legacy High
162 Maggie Ridley	Jamestown	212 Kate Dillman Bismarck High
959 Taylor DeCoteau	Century High	
315 Anna Suppes	Fargo Davies	

BALANCE BEAM

	202	Julia Red Wing	Bismarck High
	153	Peyton Rudnick	Jamestown
()	507	Sydnee Spivey	Grand Forks
	406	Meghan Ackerman	Dickinson High
H.	165	Haley Nelson	Jamestown
	856	Taylor Johnson	Valley City
	876	Birtta Roehrich	Valley City
	211	Morgan Salwei	Bismarck High
	410	Faith Beck	Dickinson High

FLOOR EXERCISE

____ 205 Lauren Carlson

	4	Lyric Leverenz	Minot High
	608	Madison Deics	Legacy High
	418	Macy Leiss	Dickinson High
	546	Claire Anderson	Grand Forks
	873	Grace Anderson	Valley City
	175	Hannah Schiele	Jamestown
	401	Ayanna Fossum	Dickinson High
	872	Jocey Kriewald	Valley City
<u> </u>	160	Maddy Mandan	Jamestown

Bismarck High

INDIVIDUAL COMPETITORS

ROTATION #4

VAULT				UNEVEN BARS			
	3	Olivia Spengler	Minot High		524	Charisse Vetsch	Grand Forks
	872	Jocey Kriewald	Valley City		303	Ashlyn Eagleson	Fargo Davies
	175	Hannah Schiele	Jamestown		404	Dacia Rambousek	Dickinson High
	608	Madison Deics	Legacy High		874	Hannah Sorensen	Valley City
-	546	Claire Anderson	Grand Forks		315	Anna Suppes	Fargo Davies
	873	Grace Anderson	Valley City		532	Sydney Passa	Grand Forks
	160	Maddy Mandan	Jamestown		187	Alexis Triebenbach	Jamestown
	622	Kalyssa Erickson	Legacy High		162	Maggie Ridley	Jamestown
	928	Alex Johnson	Fargo		959	Taylor DeCoteau	Century High
	510	Julia Miller	Grand Forks		875	Michaela Thibert	Valley City
	401	Ayanna Fossum	Dickinson High		168	Rachel Schiele	Jamestown

BALANCE BEAM

		185	Sophie McClean	Jamestown
	_	5	Olivia Schoffstall	Minot High
	_	956	Halle Johnsrud	Century High
	_	960	Kenzie Gullickson	Century High
	_	575	Nellie Masseth	Mandan High
	_	952	Brooklyn Morris	Century High
<u> </u>	_	416	Brinklyn Schumacher	Dickinson High
	_	7	Bella Price	Minot High
	_	606	Elicca Stugelmeyer	Legacy High
	_	877	Olivia Olson	Valley City
		212	Kate Dillman	Bismarck High

Section 1	FLOOR EXERCISE				
		312	Regan Berg	Fargo Davies	
		165	Haley Nelson	Jamestown	
	-	211	Morgan Salwei	Bismarck High	
		153	Peyton Rudnick	Jamestown	
	::	202	Julia Red Wing	Bismarck High	
	;	507	Sydnee Spivey	Grand Forks	
		183	Makenna O'Neal	Jamestown	
		856	Taylor Johnson	Valley City	
		11	Adisynn Widdle	Minot High	
		410	Faith Beck	Dickinson High	
		406	Meghan Ackerman	Dickinson High	

876 Birtta Roehrich

Valley City

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Today's youth are the future of North Dakota and healthy activity builds better community involvement and personal character.

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